



***Still Recovering from Iowa's Natural Disasters?  
There is Hope.***

**Introducing *Ticket to Hope*: A program providing free counseling for Iowans impacted by the 2008 disasters.**

Months and months have passed since Iowa was hit with catastrophic storms, tornados and floods. If you, your family or friends were impacted by these events, you know firsthand about the hardships of recovering from a disaster. The physical, emotional and financial stress that has been endured by survivors can be almost overwhelming, especially after many months have gone by.

The Iowa Department of Human Services announces the ***Ticket to Hope*** Program, specifically to help those Iowans impacted by the natural disasters of 2008.

**Who Can Take Advantage of *Ticket to Hope*?**

The program is available to any individual or family who meets the following criteria:

1. An individual reports that mental health or co-occurring mental health and substance abuse disorder counseling sessions are needed in part due to the impact of the 2008 disasters.
2. An individual lacks health insurance, has no mental health benefits or has maximized their mental health plan benefits.

**What Will *Ticket to Hope* Provide?**

1. Up to eight (8) authorized 45-50 minute sessions with an approved mental health provider.
2. No cost to the individual or family for these authorized sessions.
3. Individuals can choose a mental health provider from a list of providers who have agreed to participate or they can request that a provider become a participating provider.
4. ***Ticket to Hope*** will be in effect through June 30, 2010.

**Don't Wait to Get Help**

Sometimes symptoms of stress do not emerge until long after the event. Some signs that professional help might be helpful are:

- Lack of ability to complete normal daily activities
- Increased sadness, tearfulness
- Lack of interest in hobbies
- Increased irritability, arguments, family conflicts including domestic violence
- Clinging, nightmares, aggressive or regressive behavior by children
- Illness and imagined illnesses by adults or children
- Increased fatigue or exhaustion
- Increased alcohol consumption and/or substance abuse
- Survivor's guilt

**Call the Iowa Concern Hotline at 1-800-447-1985.**

Confidential assistance available 24 hours a day.

